

Lying Extension Exercises

1. Lie face down with hands positioned to lift your body. Straighten your elbows and push the top half of your body as far as you can without experiencing pain.



2. Maintain this position for a few seconds and then lower yourself to the floor as in the starting position. Each time you attempt to do this exercise try to raise your upper body a bit higher so your back is extended as far as you can comfortably go.



3. Try to maintain this position for ten to twenty seconds and notice if the pain is reduced. Do as many sets or repetitions as recommended by your doctor.



SETS:

REPETITIONS/SET: